

Physical Activity After You Deliver

After nine months of pregnancy, you are probably ready to shed those last few pounds that didn't disappear when your baby was born. Safe and regular exercise can help you lose that weight and maintain your health too.

Before you start on an exercise program, ask your doctor.

Getting back to exercise after the baby should be a gradual process.

Start with short, slow walks.

Try to include some stretching exercises for your lower back.

Kegel exercises, contracting the muscles of the vaginal wall, will repair and strengthen the pelvic area.

You can usually return to your pre-pregnancy exercise routine at about six weeks after delivery.

Set up a regular schedule of physical activity and stick to it.

If you had your baby by C-section, start slowly and be very cautious.

Breastfeeding moms can nurse before or after their exercise routine.



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